

Get answers to these questions so you can take better care of yourself.

**Q: Why is this medication being prescribed/What symptoms signal a problem, and how should I respond?**

You want to make sure you have a *complete* understanding of your medication regimen, including potential drug interactions and side effects.

**Q: How will you monitor my Parkinson's treatment/Who will coordinate my care?**

Find out who your main contact is, when you should return for your next visit, and how frequently your medication schedule will be evaluated and adjusted.

**Q: What other professionals do you recommend I see?**

Ask for a referral to a physical therapist, speech-language pathologist, occupational therapist and social worker. Ideally, you'll be assessed by these providers at least once.

**Q: What types of exercise and wellness activities are most suitable for me?**

It's a good idea to find out about local exercise classes and support groups geared toward people with movement disorders.

**Q: What happens if I begin to feel depressed?**

People with chronic health problems are most at risk for depression. If you think you may be depressed, ask your doctor to screen you.

**Q: Can you recommend a dermatologist?**

People with Parkinson's have a higher risk of developing melanoma, a potentially lethal skin cancer, and should be screened once a year.

**Q: What are the best ways to prevent or manage constipation?**

Ask your doctor about strategies to relieve symptoms such proper dietary fiber intake or changes in medication.

**Q: What treatment options are available for sleep disturbances?**

More than three-fourths of people with Parkinson's report sleep-related symptoms.

**Q: What are the latest developments in Parkinson's treatment/Is there a clinical trial appropriate for me?**

Clinical trials are research studies that give patients access to promising new medical treatments that aren't available yet to the public.

**Q: What hospital should I go to in an emergency?**

People living with Parkinson's have higher hospitalization rates. Discuss the "what if" scenarios with your doctor. Tell your doctor about [Aware in Care](#).

Please contact the NPF Helpline, 1-800-4PD-INFO (1-800-473-4636), if you would like to discuss questions you should ask your doctor on your next visit.